

HAZELNUT-CRUSTED CHICKEN TENDERS

SERVES: 4

INGREDIENTS

1 pound chicken tenders
1/2 cup ground hazelnuts
1/4 cup almond flour
2 large eggs
1 tablespoon Dijon mustard
1 teaspoon dried thyme
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
Olive oil for brushing

METHOD

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. In a shallow bowl, mix ground hazelnuts, almond flour, dried thyme, garlic powder, salt, and black pepper until well combined.
3. In a separate bowl, whisk eggs with Dijon mustard until smooth and fully incorporated.
4. Pat chicken tenders dry with paper towels to remove excess moisture.
5. Dip each chicken tender first into the egg mixture, ensuring complete coverage.
6. Roll the egg-coated chicken tender in the hazelnut-almond flour mixture, pressing gently to ensure the coating adheres completely.
7. Place the coated chicken tenders on the prepared baking sheet, leaving space between each piece.
8. Lightly brush the tops of the chicken tenders with olive oil to help them brown.
9. Bake for 15-18 minutes, or until the chicken is golden brown and reaches an internal temperature of 165°F.
10. Remove from the oven and let rest for 5 minutes before serving.